

What You Can Do If You Are Being Bullied

SOME THINGS TO TRY	SOME THINGS TO REMEMBER
<ul style="list-style-type: none"> - If it's hard to stand up for yourself, ignore the bullying and walk away... then tell someone who can help. - Talk to someone who can help: and older student, your friends, classroom teacher, guidance counselor, school principal, sports coach, parents, or any adult you trust. - It really does work when you talk to someone and get help. You may have to tell more than one person... Don't give up! - Practice with your parents or teachers what to say and do next time you are bullied. - If you're scared to talk to an adult on your own, ask a friend to go with you. - Go to areas you feel safe - Stay away from areas where bullying tends to happen. - Stay close to students you can count on to stick up for you. - Be safe... fighting back can make things worse. - Be assertive, not aggressive... fighting back often makes the bullying worse. - Stay calm... try not to show that you are getting sad or mad - Laugh it off...humour shows you're not bothered. - Act confident... hold your head up, make eye contact, and walk confidently. - Don't blame yourself... it's not your fault. - No one deserves to be bullied. - If these tips work for you, pass them on to others. 	<ul style="list-style-type: none"> - You're not alone... lots of teens struggle with bullying and harassment. - Do what's right... carrying a weapon might get you in trouble. - Keep your cool and walk away, even though you might be upset. - Share your feelings with people you trust... you don't have to struggle alone. - It's not your fault...no one deserves to be bullied. - Be assertive, not aggressive... fighting back can make things worse. - It's okay to ask for help... you don't have to solve this problem on your own.